



City of Newton, MA

INVEST IN YOURSELF

October 2011

UPCOMING EVENTS

HALFTIME

OCT. 14, 12 NOON TO 1 P.M., OUTSIDE THE FITNESS ROOM (SEE REVERSE FOR DETAILS)

FREE

Walk/Run Groups:

- Every week, M-F at 7 AM - Meet at 250 Albemarle Road
- Tuesdays at 5:15 PM - Meet at Health Dept, 1294 Centre St.
- Wednesdays at 12 noon - Meet at City Hall

HAVE YOU PICKED UP YOUR WORKBOOK YET?

DO YOU HAVE A QUESTION?

LET US KNOW!

Email Invest in Yourself wellness@newtonma.gov

Newton Department of Health & Human Services
1294 Centre Street
Newton, MA 02459
T: (617) 796-1420
F: (617) 552-7063

STRESS MANAGEMENT

Stress is a normal physical and psychological reaction to what your brain perceives as a threat. We all experience stress in our everyday life. You may know this as a "fight or flight" response and it involves the release of hormones which fuel your capacity for a response. When the threat is gone, your body is supposed to return to a relaxed normal state. Unfortunately, the nonstop stress of modern life results in a constant state of reaction and your built-in alarm system rarely shuts off.

Over time, high levels of stress can lead to serious health problems. It is important to learn stress management techniques which allow us to reset our alarm system.

For more information, schedule a stress management workshop!



STRESS MANAGEMENT WORKSHOPS are available upon request for your team or department! 20 minutes of stress relieving fun. Book yours today by calling x1420.

Here are some tips to managing stress:

- **Exercise** - Exercise stimulates brain cells, causes you to rest your mind, and improves the amount of endorphins your body creates (which help you feel better).
- **Stay Organized** - Your brain can make stress for you. Taking the stress of remembering and organizing off your plate, will help your brain relax and relieve stress.
- **Take a Break** - Take short little breaks and allow your body and mind to rest.
- **Laugh** - The more light-hearted you are, the less stress can affect you.

HALLOWEEN CANDY TIPS

It's easy to overeat Halloween candy this time of year. Here are some tips to avoid the candy hangover that ruins all your hard work:

- Buy candy for trick-or-treaters that you don't like
- Read nutrition labels: Learn what a "serving" is and choose "low-fat" candy
- Store candy, including your child's trick or treat bounty, out of sight to limit candy grazing opportunities
- Skip the Halloween candy sale on Nov. 1. It's cheap, but you don't need it!



INVEST IN YOURSELF

Halftime event
Friday, October 14
12 noon to 1 p.m.
Outside the Fitness Room

Total your points and stop by for rewards.
 Learn about upcoming programs.

You can stop by as an individual or teams
 can send a representative with each
 person's point total.

It's not too late to participate in *Invest in Yourself*. Stop by the Halftime event to learn how to catch up!

Fill out our program survey!

Earn points!

<http://www.surveymonkey.com/s/investpre>



West Suburban YMCA

276 Church St., Newton Corner, MA
 (617) 244-6050

Membership discounts are available for
 City of Newton employees. Membership includes:

- Access to the fitness floor
- Group exercise classes
- 2 Swimming pools
- Gymnasium
- Turf Field
- Indoor and Outdoor Track
- Racquetball & Squash
- And more!

Join us for Open House week Oct. 24-30. Use the fitness centers, pool, gym, track and field or try one of the group fitness classes!

The YMCA also offers Personal Training, Small Group Training, Bootcamp and TRX Suspension Training Classes.

Interested in a City Hall Zumba class?

One may be forming soon. It will be held on a
 weekday at 5:15 p.m. Email wellness@newtonma.gov
 to be updated when the class is scheduled!
 Let us know if you have a suggestion about which day
 or how much you are willing to pay for this class.

HEALTHWORKS

FITNESS CENTERS FOR WOMEN

1300 Boylston Street, Chestnut Hill, MA
 (617) 383-6100

Let Healthworks help you achieve your wellness goals for *Invest In Yourself*. Sign up, work out with your Team or on your own, and rack up points. Activities are **free of charge** during the program. Pre-registration is required; call the club for a short appointment and club tour on or before your first visit.

New in October!

TRX Small Group Training (COED, limited to 8) - 2 points

Tuesdays, 12:15pm - October 11, 18, 25 - Studio X. Reservation required.
 Leverage your own bodyweight to build power, strength, flexibility.

Open Fitness Floor Expanded Hours - Noon to 4PM - 1 point

Health Coaching Seminars - 2 points

Healthy Holidays (Women) - 10/24, 10 AM - Brace Studio
 Glide through dessert season with less stress and stay on track.

Group Exercise Classes for Women, Early Morning & Afternoon - 2 points!

6AM, 6:15AM, 4PM or 4:30 PM throughout Program
 Zumba, Body Pump, Body Defined, Core Express, Body Express (30), The Ride, Pilates and more!

"The people here are helpful and friendly, it's clean, convenient and fun to work out here."

Rieko, ILY Program member

Have you tried FIVI? TAKE CONTROL OF YOUR HEALTH!

-Track your activity toward goals

-Take part in rewarding programs

-Learn more about health, exercise and nutrition

Fivi is a new online health resource. You can find it on the City of Newton website at www.newtonma.gov
 Look for the red heart.